



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule: November 2017

<u>Monday</u> Open 5:30 AM — Close 8:45 PM	<u>Tuesday</u> Open 5:30 AM — Close 8:45 PM	<u>Wednesday</u> Open 5:30 AM — Close 8:45 PM	<u>Thursday</u> Open 5:30 AM — Close 8:45 PM	<u>Friday</u> Open 5:30 AM — Close 8:45 PM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM
<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact</u> <u>Water Aerobics</u> (Cathy Taylor) *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact</u> <u>Water Aerobics</u> (Cathy Taylor) *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM Adult Lap Swim + OPEN Swim	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM Adult Lap Swim + OPEN Swim
<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM
		<u>*NEW Aqua Fit</u> (Hannah) *Closed to open swim 5 PM – 6 PM <u>*Parent Child</u> (Hannah) 6:15 – 6:45 PM		<u>*21st CCLC</u> <u>Swim Program</u> 3:30 PM – 5:15 PM
<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM	<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM	<u>*Swim Lessons</u> 5:30 PM – 7:15 PM	<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM	<u>*Swim Lessons</u> 5:30 PM – 7:15 PM





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Saturday Open 8 AM – Close 6:45 PM	Sunday Open 1 PM – Close 4:45 PM
Adult Lap Swim (Two lanes) + Open Swim	Adult Lap Swim (Two lanes) + Open Swim

Aquatic News

Schedule Begins Wednesday, November 1st and is subject to change.

LHS Swim Team

Louisiana High School Girls Swim Team will begin on November 6th, 2017. Practices will be held from 3:30 PM to 5 PM Monday – Friday. The season will run from November to February. *Please contact Coach Joe MacLaughlin about joining the team! Email: Twinpikeyaquatics@sbcglobal.net*

New Water Aerobics Class

We are adding a new water aerobics class Aqua Fit- This class is for all fitness levels; it will challenge your muscle endurance, cardio, and flexibility! In this class you will use the water's resistance to work with you, and not against you! Aqua Fit runs from 5 PM - 6 PM on Wednesdays with Hannah!

Parent Child Swim Lessons

Sign up for Parent Child Swim Lessons - Work with your child in the water, focusing on safe water exploration and water adjustment. The sessions will include six 30 minute classes - class time is 6:15 PM to 6:45 PM. Class starts Wednesday November 1st - December 13th (there will be no class on Wednesday November 22nd)

Swim team

Swim team runs from September – March (depending on championships).

100 Mile Swim Club *Free to members

Complete 100 Miles in 2017 and receive a Swim Club T-shirt.

FREE Grant Swim Lessons November

Ask about our FREE swim lessons we offer through our grant programming. Families who receive for free or reduced school lunches qualify.

